



Oven-Baked Chorizo and Tomato Risotto

with Hard Italian Cheese and Balsamic Drizzle

9

Classic 35-40 Minutes • 1 of your 5 a day



Onion



Diced Chorizo



Garlic Clove



Baby Plum Tomatoes



Risotto Rice



Chicken Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Balsamic Glaze



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, ovenproof pan, garlic press, aluminium foil, measuring jug, lid and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	2	2
Diced Chorizo**	90g	120g	180g
Garlic Clove**	3	4	6
Baby Plum Tomatoes	125g	190g	250g
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	20g	30g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Balsamic Glaze (14)	12ml	18ml	24ml
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	450ml	675ml	900ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	555g	100g	685g	100g
Energy (kJ/kcal)	3153 / 754	568 / 136	3800 / 908	555 / 133
Fat (g)	32.6	5.9	35.0	5.1
Sat. Fat (g)	15.4	2.8	16.0	2.3
Carbohydrate (g)	85.3	15.4	85.5	12.5
Sugars (g)	11.1	2.0	11.3	1.6
Protein (g)	27.2	4.9	58.6	8.6
Salt (g)	5.00	0.90	5.19	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Onion and Chorizo

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **onion** and **diced chorizo** to the pan and stir-fry until the **onion** has softened and the **chorizo** has started to brown, 4-5 mins.



Roast the Tomatoes

Pop the **tomato parcel** onto a small baking tray.

Roast on the bottom shelf of your oven until softened, 15-20 mins.



Prep the Parcel

While the **onion** and **chorizo** are frying, peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes** onto a piece of foil with a drizzle of **oil**. Stir through **half** the **garlic**. Season with **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**. Set aside for now.

Add the **risotto rice** and remaining **garlic** to the ovenproof pan. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan with the **garlic** and **risotto rice**, then allow it to cook through with the **risotto**.

IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Add the Flavour

When the **risotto** is cooked, remove it from the oven and mix in the **sun-dried tomato paste**, **butter** (see pantry for amount) and **hard Italian style cheese**.

Season to taste with **salt** and **pepper** if needed.

TIP: *Add a splash of water to loosen the risotto if needed.*



Bake the Risotto

Meanwhile, pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug. Add the **chicken stock paste** and stir well to combine.

Stir the **chicken stock** into the **risotto rice**.

Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Serve

Share the **oven-baked risotto** between your serving bowls.

Top with the **roasted tomatoes** along with their **juices**. Drizzle over the **balsamic glaze** to finish.

Enjoy!